

DAFTAR PUSTAKA

1. Vriesman MH, Koppen IJN, Camilleri M, Di Lorenzo C, Benninga MA. Management of functional constipation in children and adults. *Nat Rev Gastroenterol Hepatol* [Internet]. 2020;17(1):21–39. Available from: <http://dx.doi.org/10.1038/s41575-019-0222-y>
2. Huang L, Jiang H, Zhu M, Wang B, Tong M, Li H, et al. Prevalence and risk factors of chronic constipation among women aged 50 years and older in Shanghai, China. *Med Sci Monit*. 2017;23:2660–7.
3. Bardosono S, Sumardi D. Functional constipation and its related factor among female workers. *J Indones Med Assoc* 2011 March;61:126-129 [Internet]. 2011;61:126–9. Available from: <https://scholar.ui.ac.id/en/publications/functional-constipation-and-its-related-factors-among-female-work>
4. Iebba V, Totino V, Gagliardi A, Santangelo F, Cacciotti F, Trancassini M et al. Eubiosis and dysbiosis: the two sides of the microbiota. *New Microbiologica*. 2016. 1–12 p.
5. Abdullah M, Maulahela H, Utari AP, Kusumo PD, Soebandrio A, Surono IS MD. The role of probiotics in lowering severity of symptoms in urban women with functional constipation : A randomized double-blind controlled trial. In 2019. p. 2155.
6. Gray JR. What is chronic constipation? Definition and diagnosis. *Can J Gastroenterol*. 2011;25(SUPPL.B):7–10.
7. Rao SSC, Rattanakovit K, Patcharatrakul T. Diagnosis and management of chronic constipation in adults. *Nat Rev Gastroenterol Hepatol*. 2016;13(5):295–305.
8. Lacy BE, Mearin F, Chang L, Chey WD, Lembo AJ, Simren M et al. Bowel disorders. *Gastroenterology*. 2016;150((6)):1393–1407e5.
9. Farhodimoghadam M, Heydarpour S, Salari N, Jaberghaderi N. The Effect of Cognitive-Behavioral Counseling on Lifestyle in Pregnant Women: A Randomized Controlled Clinical Trial. *J Med Life*. 2020;13(2):187–94.

10. Makmun D, Renaldi K, Maulahela H, Utari AP, Pribadi RR, Muzellina VN, et al. Konsensus Penatalaksanaan Konstipasi di Indonesia (Revisi 2019). Makmun D, Fauzi A, Maulahela H, Pribadi RR, editors. Jakarta: Perkumpulan Gastroenterologi Indonesia; 2019.
11. Iacono G, Scalici C, Iacono S. Chronic Costipation as a Symptom of Food Allergy. *Austin J Allergy* [Internet]. 2016;3(1):1024. Available from: file:///H:/Downloads/fulltext_aja-v3-id1024.pdf
12. Nugroho SHP. Hubungan Aktivitas Fisik Dan Konstipasi Dengan Derajat Hemoroid di URJ Bedah RSUD Dr.Seogiri Lamongan. *J Chem Inf Model*. 2016;53(9):1689–99.
13. Hsieh C. Treatment of constipation in older adults. *Am Fam Physician*. 2005;72(11):2277–84.
14. Oh JE, Kim YW, Park SY, Kim JY. Estrogen rather than progesterone cause constipation in both female and male mice. *Korean J Physiol Pharmacol*. 2013;17(5):423–6.
15. Vangay P, Ward T, Gerber J., Knights D. Antibiotics, Pediatric Dysbiosis, and Disease. *Cell Host Microbe*. 2015;17:553–64.
16. Chang Y-M, El-Zaatari M, Kao JY. Does stress induce bowel dysfunction? *Expert Rev Gastroenterol Hepatol*. 2014;8(6):583–5.
17. Drossman DA HW. Rome IV-Functional GI Disorders: Disorders of Gut-Brain Interaction. *Gastroenterology*. 2016;150(6):1257–61.
18. Wang JK, Yao SK. Roles of Gut Microbiota and Metabolites in Pathogenesis of Functional Constipation. *Evidence-based Complement Altern Med*. 2021;2021.
19. Zhang S, Wang R, Li D, Zhao L, Zhu L. Role of gut microbiota in functional constipation. *Gastroenterol Rep*. 2021;9(5):392–401.
20. Wangko WS. Aspek Fisiologik Short Chain Fatty Acid (SCFA). *Med Scope J*. 2020;2(1):26–35.
21. Rome IV Criteria [Internet]. Rome Foundation. 2016 [cited 2022 Feb 18]. Available from: <https://theromefoundation.org/rome-iv/rome-iv-criteria/>
22. Bristol Stool Chart. Norgine Ltd. 2017.

23. Yiannakou Y, Tack J, Piessevaux H, Dubois D, Quigley EMM, Ke MY, Da Silva S, Joseph A KR. No Title. PAC-SYM Quest chronic constipation Defin minimal important Differ. 2017;46:11-12: 1103–1111.
24. Abdullah M, Maulahela H, Utari AP, Kusumo PD, Soebandrio A, Achmad I, et al. Patient assessment of constipation quality of life questionnaire: Validity and reliability for Indonesian population. *Med J Indones.* 2019;28(4):345–50.
25. Gasbarrini G, Bonvicini F, Gramenzi A. Probiotics History. *J Clin Gastroenterol.* 2016;50(December):S116–9.
26. Wusqy NK, Surono IS. Shelf life of Microencapsulated and Free Cells of *Lactobacillus plantarum* IS-10506 at Different Temperatures. *IOP Conf Ser Earth Environ Sci.* 2021;794(1).
27. Plaza-Diaz J, Ruiz-Ojeda FJ, Gil-Campos M, Gil A. Mechanisms of Action of Probiotics. *Adv Nutr.* 2019;10:S49–66.
28. Bennett JE, Dolin R, Blaser MJ. Prebiotics, Probiotics, and Synbiotics. In: Mandell, Douglas, and Bennett's Principles and Practice of Infectious Diseases. Updated Ed. Elsevier Inc.; 2015. p. 19–25.
29. Yuniastuti A. Probiotik (Dalam Perspektif Kesehatan). UNNES Press. 2015. 1–98 p.
30. Sumanti DM, Lanti I, Hanidah I-I, Sukarminah E, Giovanni A. Pengaruh Konsentrasi Susu Skim dan Maltodekstrin Sebagai Penyalut Terhadap Viabilitas dan Karakteristik Mikroenkapsulasi Suspensi Bakteri *Lactobacillus plantarum* menggunakan metode freeze drying. *J Penelit Pangan (Indonesian J Food Res.* 2016;1(1):7–13.
31. Surono IS. Indonesian Dadih in Fermented Milk and Dairy Products. In: Puniya AK, editor. CRC Press. 1st editio. 2015. p. 377–401.
32. Surono I, Verhoeven J, Verbruggen S, Venema K. Microencapsulation increases survival of the probiotic *Lactobacillus plantarum* IS-10506, but not *Enterococcus faecium* IS-27526 in a dynamic, computer-controlled in vitro model of the upper gastrointestinal tract. *J Appl Microbiol.* 2018;124(6):1604–9.

33. Kim SE, Choi SC, Park KS, Park MI, Shin JE, Lee TH, et al. Change of fecal flora and effectiveness of the short-term VSL#3 probiotic treatment in patients with functional constipation. *J Neurogastroenterol Motil.* 2015;21(1):111–20.
34. Abdullah M, Maulahela H, Utari AP, Kusumo PD, Soebandrio A, Surono IS, et al. The role of probiotics in lowering severity of symptoms in urban women with functional constipation: A randomized double-blind controlled trial. *AIP Conf Proc.* 2019;2155.
35. Abdullah M, Maulahela H, Utari AP, Kusumo PD, Soebandrio A, Achmad I, A William A MD. Validity and Reliability of the Patient Assessment of Constipation: Symptoms (PAC-SYM@) in the Indonesian Language. In: *IOP Conference Series: Earth and Environmental Science.* 2019.
36. Serra J, Pohl D, Azpiroz F, Chiarioni G, Ducrotté P, Gourcerol G, et al. European society of neurogastroenterology and motility guidelines on functional constipation in adults. *Neurogastroenterol Motil.* 2020;32(2):1–33.
37. Pourhoseingholi MA, Kaboli SA, Pourhoseingholi A, Moghimi-Dehkordi B, Safaee A, Mansoori BK, et al. Obesity and functional constipation; a community-based study in Iran. *J Gastrointest Liver Dis.* 2009;18(2):151–5.
38. Silveira EA, Santos AS e. A de C, Ribeiro JN, Noll M, dos Santos Rodrigues AP, de Oliveira C. Prevalence of constipation in adults with obesity class II and III and associated factors. *BMC Gastroenterol* [Internet]. 2021;21(1):1–10. Available from: <https://doi.org/10.1186/s12876-021-01806-5>
39. Werth BL, Christopher SA. Potential risk factors for constipation in the community. *World J Gastroenterol.* 2021;27(21):2795–817.
40. Lim YJ, Jamaluddin R, Hazizi AS, Chieng JY. Effects of synbiotics among constipated adults in serdang, selangor, malaysia—a randomised, double-blind, placebo-controlled trial. *Nutrients.* 2018;10(7).
41. Kommers MJ, Silva Rodrigues RA, Miyajima F, Zavala Zavala AA,

Ultramari VRLM, Fett WCR, et al. Effects of probiotic use on quality of life and physical activity in constipated female university students: A randomized, double-blind placebo-controlled study. *J Altern Complement Med.* 2019;25(12):1163–71.

